



Bee Safe Bulletin

February 2001



Calendar of Events

February 1, 8, 13, 2001

Mandatory Safety and Health Sessions

February 23, 2001

Contractor Safety Council

Building 3, Room 215

Upcoming Training

February 14, 2001

CPR

February 21, 2001

Lockout/Tagout

Confined Space

REMEMBER

Mission Success Starts with Safety

ERGONOMIC PROGRAM

Ergonomics applies everywhere, from the office to the factory floor. It involves every worker in every kind of work situation. But ergonomics is more than just a buzzword enjoying temporary popularity. It is an important tool for safety and health professionals in their efforts to protect workers.

ERGONOMICS is the study and planning of the workplace environment to meet the total needs of the worker. Effective workplace design must consider the interaction of man, machine, and the total work environment to meet demands for increased productivity. Redesigning jobs, using the right tools and equipment, and improving the workstation reduces incidents of occupational diseases, such as carpal tunnel syndrome. Ergonomics will play an increasingly important role in promoting worker safety and health as the technological revolution continues to spread to all areas of business.

Background

The Ergonomics Program became part of the Glenn Safety Program in 1999. An effective ergonomic assessment team was composed of members from Medical Services, Fitness Center, Environmental Management Office and the Glenn Safety Office. The ergonomic assessment team has been trained in identifying Work-Related Musculoskeletal Disorders (WMSDs). The official kickoff for the Ergonomics Program was on April 19, 1999, with an Ergonomic Awareness Campaign. There were vendors from the Ohio area, who came in to display office, industrial, and laboratory equipment. Presentations were given in the morning and afternoon to explain the Ergonomics policy, program, and the use of ergonomic assessments here at the Glenn Research Center.

In October 1999, the Glenn Safety Office published Chapter 30, "Ergonomics", of the Glenn Safety Manual. The chapter provides an overview of the policy, program, elements of the program, responsibilities, accident prevention, computer workstations, and material handling/movement. You are welcome to visit the website at <http://osat.lerc.nasa.gov/safety> and select Chapter 30, "Ergonomics".

In November 2000, OSHA published the final Ergonomics Program Standard. The purpose of this new ergonomic standard is to reduce the number and severity of Musculoskeletal Disorders (MSDs) caused by exposure to ergonomic risk factors in the workplace. This standard does not address injuries caused by slips, trips, falls, vehicle accidents, or other similar accidents.

Is Your Workstations Fit For You?

Call on NASA Glenn's Ergonomic Assessment Team to find out! An ergonomics specialist can assess and make recommendations for a more healthy/ergonomic (fit for you) workstation. Studies show that simple adjustments can help to avoid illness and injury (i.e., carpal tunnel syndrome, low back pain). Call one of the onsite team members, if interested: Deborah Ripley 3-2361, Angela Windau 3-3043, or Renee Rothgery 3-6313.

Back Safety Awareness

Did you know that your backbone is made up of 24 individual bones called vertebrae that are stacked on top of one another? Soft discs of cartilage, that perform as shock absorbers for your vertebrae and also help your back to bend, twist and move around, separate your vertebrae. Your stomach muscles, as well as the many back muscles, maintain most of the support to your spine and ligaments that run up and down the length of your back. If you would like to see more information on Back Safety, you are welcome to visit the Glenn Management Safety Initiative February issue at <http://osat.grc.nasa.gov/safety/gso-prog.htm>.